
Role of Sports Physiotherapist in the Rehabilitation of Sports Injury

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Abstract

Once sports were restricted to free time activities but now a day it has become specialized event for athlete and amusement for audience. This adds to demand of sports cause different types of sports injuries. A number of them are less affective but preponderance of them retards athletic performance. For all these injuries which cannot manage easily an expert Sports Physiotherapist Therapist can become aware of the athlete problems earlier at the time of injury during on field examination. In addition, persistence of sports is an important question for team management and Sports Physiotherapist Therapist are competent of identifying problems, captivating decisions instant after the injury occurs with discussion of team manager and coach.

Keyword

Sports, Physiotherapy, Therapist, Rehabilitation.

Introduction

In modern sports medicine team, all members of the team works on patient centered care. The aim of each professional is to help the

injured athlete to return sports as early as possible. Despite of each professional's unique role SPT help to prepare and maintain injured athletes stability, muscle conditioning, soft tissue extensibility, proprioception, functional exercise, sports specific skills, correction of abnormal biomechanics, and cardiovascular fitness. Muscle conditioning always focused on muscle strength, muscle power, muscle endurance and motor reeducation.

Soft tissue extensibility can be improved by continuous passive motion, passive mobilization, passive exercise, active exercise, active assisted exercise etc. As soon as muscle strength and flexibility is achieved proprioceptive exercises are begun by partial and full weight bearing, jumping, hopping, skipping and running drills. Functional exercises are practiced by sprinting, agility drills, figure of eight running etc. Sports skills are focused with some activities that related to specific demand of sport.

Common Injury

- Bruises
- Ligament sprain and tears
- Muscle and tendon strains
- Joint injuries
- Overuse injury
- Stress fracture
- Ankle sprain
- Groin Pull etc.

Sports Injuries

Sports injuries are injuries that occur in athletic activities or exercising. In the United States there are about 30 million teenagers and children alone that participate in some form of organized sport. About 3 million avid sports competitors 14 years of age and under experience sports injuries annually, which causes some loss of time of participation in the sport

Common cause of Injury

- Poor preparation for sports.
- Doing too much training too short.
- Unsuitable equipment.
- Returning too short too soon after injury.
- Any injury will predispose you too injury in the future.

What can go wrong?

Most sports injuries are a result of direct blow or indirect dynamic force. An increasing number of injuries are due to overuse stresses.

Getting back in game

Before you can safely return to game the injury should have healed. It is essential to regain sufficient strength, mobility, balance and coordination for your sports.

Principles of Rehabilitation

Prevention is better than cure

- ❖ Needs a whole body approach and is aimed towards the individual
- ❖ Aim is to return to sport with full function. There is constant pressure to facilitate the safe return to competition / activity in the shortest time possible
- ❖ Effective planning
- ❖ Commences immediately following injury and post return to activity
- ❖ Must integrate a range of therapeutic activities
- ❖ Stages — initial, intermediate, advanced and return to sport
- ❖ Look for and correct any found biomechanical

The P.R.I.C.E. protocol

Protection, Rest, Ice, Compression and Elevation, or P.R.I.C.E., adds the concept of “protection” to the traditional R.I.C.E. protocol

formula. Protecting the injured area from further damage is crucial to the healing process.

P: Protection is meant to prevent further injury

R: Rest is important to allow for healing.

I: Ice refers to the use of cold treatments, also known as Cryotherapy, to treat acute injuries.

C: Compression is the use of a compression wrap, such as an elastic bandage, to apply an external force to the injured tissue.

E: Elevation is recommended to help reduce the pooling of fluid in the injured extremity or joint.

Proprioception

- ❖ Sensor motor controls all activities and enables an individual to maintain a position (neuromuscular).
- ❖ Is a sensory feedback mechanism for balance and control.
- ❖ Body reacts to incoming information and the feedback mechanism adjusts balance and movement control.
- ❖ When proprioception is poor, so will be biomechanical control.
- ❖ There is a real need to restore early proprioceptive input to the injured area.

Conclusion

Thus, the view came out that sports injuries are convenient but requires early detection and suitable rehabilitation in order to return in sports. The aim of Sports Physiotherapist Therapist is to help the athlete to return to sports with full function in the shortest possible time.

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